



More Than Food
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Middle Eastern Risotto with Zahtar Portobellos

This dish is a delicious fusion of Italian and Middle Eastern flavours. The risotto is seasoned with zahtar spice; a blend of sumac, sesame seeds and thyme. It's delicate flavour combination teams beautifully with the earthy portobello mushrooms and creamy risotto. We love it so much we've made it spice of the month!



40 mins



2 of your
5 a day



super
spicy



veggie



mealkit



Water
(900ml)



Vegetable Stock Pot
(1)



Echalion Shallot
(1)



Garlic Clove
(1)



Portobello Mushroom
(4)



Red Pepper
(1)



Ras-el-Hanout
(1 tsp)



Arborio Rice
(175g)



Zahtar Spice
(1½ tsp)



Netherend Butter
(15g)



Feta Cheese
(1 block)

2 PEOPLE INGREDIENTS

- Water
- Vegetable Stock Pot
- Echalion Shallot, chopped
- Garlic Clove, grated
- Portobello Mushroom, sliced
- Red Pepper, sliced

900ml

1
1
1
4
1

- Ras-el-Hanout
- Arborio Rice
- Zahtar Spice
- Netherend Butter
- Feta Cheese

1 tsp
175g
1½ tsp
15g
1 block



Our fruit and veggies may need a little wash before cooking!

Did you know...

One portobello mushroom contains more potassium than a banana.

Allergens: Milk, Sesame, Celery, Sulphites.

Nutrition as per prepared and listed ingredients

	Energy	Fat	Sat. Fat	Carbohydrate	Sugars	Protein	Salt
Per serving	536 kcal / 2257 kJ	20 g	12 g	76 g	7 g	18 g	3 g
Per 100g	105 kcal / 441 kJ	4 g	2 g	15 g	1 g	3 g	1 g

Vegetable Stock Pot Ingredients: Water, Salt, Yeast Extract, Glucose Syrup, Carrot Juice [7%], Dried Onion [4%], Sugar, Garlic Powder (contains **Sulphites**), Stabiliser [Tara Gum], **Celery** Salt, **Celery** Powder, Carrot, Parsley, Ground Turmeric, Ground White Pepper.

2



1 Fill a pot with the **water** (amount specified in the ingredient list) and put it on high heat. Add the **vegetable stock pot** and stir to dissolve. When your **stock** comes to the boil, reduce the heat to low and keep warm.

2 Meanwhile, start your prep by cutting the **shallot** in half through the root. Peel and then chop into ½cm chunks (or as small as you can). Peel and grate the **garlic** (or use a garlic press if you have one).

3 Heat a saucepan over medium heat and add a glug of **oil**. Add your **shallot** and cook for 5 mins until soft.

4 Cut the **portobello mushroom** into 1cm thick slices. Remove the core from the **red pepper** and cut into 1cm slices as well.

5 When your **shallot** is soft, add your **garlic** and **ras-el-hanout**. Cook for 1 minute and then add the **arborio rice**. Stir well to coat your **rice** in the **spices** and then add a ladle of your hot **stock** to the pan. Stir well until this **stock** is absorbed by your **rice**.

6 Add another ladle of **stock**. Keep the pan on medium heat and continue adding **stock** (and stirring now and again while it cooks), letting it absorb before adding another ladle. The cooking should take 20-25 mins and your **risotto** is done when your **rice** is 'al dente'. **Tip:** 'Al dente' simply means the rice is cooked through but has a tiny bit of firmness left in the middle. If you feel the risotto isn't quite cooked but all the stock has been used, just add a ladle of water and continue the process for a little longer.

7 Keep an eye on your risotto and heat a frying pan over high heat. Add a glug of **oil** and then fry your **pepper** for 5 mins or until nicely browned and soft. Transfer to a plate when done and then fry your **mushroom** in the same pan for 5 mins. **Tip:** Add another splash of oil to the pan if it needs it.

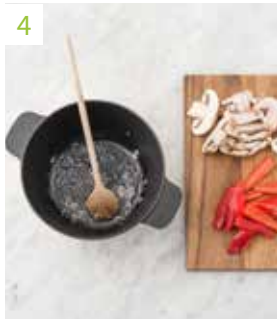
8 When your **mushroom** is soft and glossy, season with **salt** and **black pepper** and then return your **pepper** to the pan. Remove from the heat and sprinkle over the **zahtar spice**. Keep to one side while you finish off your risotto.

9 When your **risotto** is ready, stir in the **butter** and crumble in half the **feta cheese**. Taste and add some **salt** and **black pepper** if necessary.

10 Serve your **risotto** in deep bowls and top with your **mushroom** and **pepper**. Drizzle on any juices from the pan and finish by crumbling over your remaining **feta cheese**.

Don't forget to rate this recipe - just keep an eye on your emails for this week's survey!

4



6



7

